

RECIPE



CARROT SOUP

INGREDIENTS:

- 2 Tbsp olive oil
- 2 lbs carrots, peeled and chopped (5 1/2 cups)
- 1 1/2 cups chopped yellow onion (1 medium)
- 3/4 cup chopped celery (2 ribs)
- 1 Tbsp peeled and chopped fresh ginger
- 2 tsp minced garlic (2 cloves)
- 1 tsp paprika
- 1/2 tsp ground cumin
- 1/8 tsp cayenne pepper
- 6 to 7 cups vegetable broth
- Salt and black pepper
- 1/2 cup canned coconut milk or half and half
- 1 Tbsp honey or maple syrup
- Minced parsley, for garnish (optional)



HOW TO COOK:

- Heat olive oil in a large pot over medium-high heat. Add carrots, onion and celery and saute 10 minutes.
- Add ginger, garlic, paprika, cumin, and cayenne pepper and saute 2 minutes longer.
- Pour in 6 cups vegetable broth, season with salt and pepper to taste and bring soup to a boil. Cover and reduce heat to medium-low. Let simmer until carrots are very tender, about 20 minutes, stirring once halfway through.
- Remove from heat and puree mixture with an immersion blender. Stir in up to 1 more cup of broth as desired (rewarm soup through if needed).
- Stir in coconut milk and honey.
- Serve warm garnishing with parsley if desired.